



**ENJOYING FOOD,
ENJOYING LEARNING,
ENJOYING LIFE!
THE GOOD FOOD KITCHEN**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22/01/2018	23/01/2018	24/01/2018	25/01/2018	26/01/2018
Chicken Curry (1,7,9)	Pork Meatballs in Tomato Sauce (1,2,7)	Beef Stew & Yorkshire Pudding (1,2,4,7,14)	Chicken in Cream Cider Sauce with Herb Dumplings (1,2,7,14)	Cheese & Tomato Pizza (1,2,7)
OR	OR	OR	OR	OR
Lentil Dahl (7)	Vegetarian Balls in Tomato Sauce (1,2,4,7)	Broad Bean Gratin (1,2,7)	Baked Spinach & Mushroom Risotto (1,7,14)	
Jacket Potato with a choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans	Jacket Potato with a choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans	Jacket Potato with a choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans	Jacket Potato with a Choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans	Jacket Potato with a Choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans
Seasonal Vegetables	Seasonal Vegetables	Gravy (1,2,7,14) Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Rice & Naan Bread (2,7)	Pasta (2) Garlic Bread (2,7)	Roasted(13) & Boiled Potatoes (7)	New Potatoes (7)	Chips (13)
Meringues with Cream & Chocolate Sauce (2,7)	Cherry Shortbread (2,7)	Mud Pie (2,7,14)	Lolly Pop	Lemon Bars (2,4,7)
OR	OR	OR	OR	OR
Yoghurts(7) or Fresh Fruit	Cheese(7) & Biscuits(2) or Fresh Fruit	Yoghurts(7) or Fresh Fruit	Cheese(7) & Biscuits(2) or Fresh Fruit	Yoghurts(7) or Fresh Fruit

Allergen Information

Fourteen major allergens are identified. For school purposes each menu choice will have numbers from 1-14 alongside. Please note that some menu choices will have more than 1 number. The list below identifies which number corresponds to which allergen. Not all allergies are included in the new legislation but be assured that we will continue to take each individual child's needs into account.

1: Celery (and celeriac).	8: Molluscs for example clams, mussels, whelks, oysters, snails and squid.
2: Cereals containing gluten.	9: Mustard.
3: Crustaceans for example, Prawns, crabs lobster and crayfish.	10: Nuts , such as almonds hazelnuts, walnuts, Pecan nuts, Brazil nuts, Pistachio, Cashew and Macadamia (Queensland) nuts.
4: Eggs.	11: Peanuts.
5: Fish.	12: Sesame.
6: Lupin.	13: Soybeans
7: Milk.	14: Sulphur Dioxide which is a preservative found in some dried fruit.